

## Krista West Lecture Information

Thank you for your interest in having me come and share a lecture or retreat with your community!

**Topics:** I am open to speaking on a wide variety of topics and my most popular retreats are “Restoring the Image: Women, Beauty, and the Church,” an all-day women’s only retreat on the theology of beauty in the Orthodox Christian Church and how it affects all areas of a woman’s life in 21<sup>st</sup> century America; and, “Envisioning the Kingdom: the Why and How of Beauty in the Orthodox Christian Church,” which is a retreat focusing on the theology of beauty in the Church with an emphasis on incarnational theology (the “why”) and practical sessions on the features of how we noetically perceive beauty in the church, the facets of beauty in the church, and color perception, along with slideshows (“the how”). I have also done retreats on the history and traditions of vestments within the Church, clergy burnout, “The Nativity of Christ: the Birth of Beauty in the Universe,” and am currently working on “Redeeming the Time: Discipline, Focus, and the Daily Life for the Orthodox Christian.” If you’d like to hear me “in action”, please visit Ancient Faith Radio and listen to my podcast “The Opinionated Tailor” which has over 70 episodes from the last 10 years. My overarching goal is to inform and inspire, so my presentations are information-rich yet approachable and interesting!

**Booking a speaking engagement:** please email me at [kristamwest@gmail.com](mailto:kristamwest@gmail.com) with your requested dates. I will confirm via email and hold those dates on my schedule for you, as well as begin monitoring transportation options.

**Transportation:** I will take care of booking all transportation and email you an invoice for reimbursement. I will need someone to pick me up at the airport or train station.

**Lodging:** I spent a large part of my childhood in a cabin in the woods with no electricity, so I’m not picky about lodging. I’m fine with staying in parishioners homes (I am allergic to cats). If the lodging is at a retreat center, I prefer a single room so I can rest my voice.

**Audio-Visual:** if your topic requires a slideshow, I will bring my own tablet, projector, and all necessary cables. You will need to provide a screen and an extension cord.

**Rest periods:** many places I go are kind enough to offer me a time for rest after the Saturday afternoon lecture prior to Vespers; however, my top priority is to be available to your community for the entirety of my visit in whatever way is most helpful to you, so please feel free to utilize me for informal Q&A during these times, or just to be available to those who might want to speak to me one-on-one.

**General set-up:** I prefer a lectern so I can use my tablet while I speak. Because I am short, feel free to provide a podium if you think your space needs it. Providing a microphone is up to you—some spaces need it while others do not, so I am happy with whatever arrangement you deem best.

**Honorarium:** I don’t charge a set honorarium because I don’t want that to be a barrier to any community. I do like to bring some of my Avlea textiles ([www.avlea.life](http://www.avlea.life)) and offer those for sale to help offset my costs.

**Contact info:** Krista West 503-515-3188 (texting is great for airport pick up)

Please don’t hesitate to contact me if you have any further questions—I want your event to be a wonderful success, so I’m happy to help in any way!